REDUCING SUPPLEMENT USE

Cathy Jones IBCLC, RD, Riley County WIC

THE HOW

Prenatal Education
Early Contact after
delivery
Pumping
Frequent follow ups

THE WHY

- Nipple "confusion"
- Gut Microbiome and reduced immune defense
- Reduced or delayed milk supply
- Sabotage moms breastfeeding goals

PRENATAL EDUCATION

EXPECTATIONS

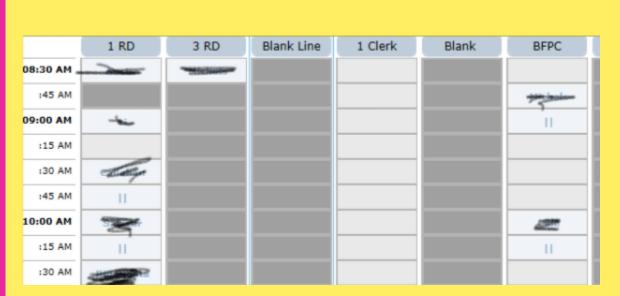
BREASTFEEDING CLASSES THRU BAM

BPC 1 ON 1 USE COFFECTIVE





GET INTO BPC PRENATALLY



	WIC Category PG Elig. End 2/29/2020
May, 2019	New Certification ~
June, 2019	V
July, 2019	V
August, 2019	Breastfeeding Peer Coi V
eptember, 2019	V
October, 2019	·
November, 2019	Nutrition Ed + V
December, 2019	V
January, 2020	V
February, 2020	V
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Normalize the challenges



LEARNING TO LATCH

Finding what feels good.

Identifying baby cues

It may take time!



GOING HOME

Finding routine Know support systems. Focus on feeding and resting



FIRST WEEK

Wet and dirty diaper expectations 1 wet per day old for 4 days.

No meconium by day 5



FEEDING FRE-QUENCY

Small amounts of milk often, small stomach

Cluster feeds

VALID REASONS

- Weight Gain
- · Hydration/Output
- · Inadequate milk supply

REFER





PERCEIVED LOW MILK SUPPLY

FREQUENT FEEDINGS
PARENT EXHAUSTION
UNREALISTIC
EXPECTATIONS
POOR MILK TRANSFER

(Photo: Jo Tunney/Shutterstock)







JAMIE GRILL/GETTY IMAGES

newborn baby lapping colostrum with his tongue. Image courtesy of Breastfeeding Resources Ontario from https://spectra-baby.com.au/baby-bottles-breastmilk-feeding/

WEIGHT CHECKS AND CONFINDENCE

DAILY, SAME TIME

Offer a public scale in the breastfeeding room.

SAME WEEK

See weight progress, observe a feeding

FOLLOW UP BY PHONE

Mom may not call to give updates.

Formula

Assess for moms goals related to formula

Breastmilk

Assess for moms goals related to breastfeeding